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WEDDING BELLS RINGING FOR REESE
NUPTIALS PLANNED FOR RANCH {page 18}

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LAMB, POTATO STEW FOR THE SLOW COOKER {page 21}

NO LIMIT
COOPER TALKS FREEBIES AND NEW FILM {page 17}

VANCOUVER metro®
Thursday, March 17, 2011
www.metronews.ca
News worth sharing.

Happy. St. Pats

▶ Trevor Kallies, bar and beverage director for the Donnelly Group, shows off a perfect pint of Guinness at The New Oxford in Yaletown yesterday.

KRISTEN THOMPSON/METRO

A pint of Guinness done right

Veteran Guinness brewmaster Fergal Murray came to Vancouver from Ireland and showed bartenders with the Donnelly Group how to pour — and drink — the perfect Guinness just in time for St. Patrick's Day. More coverage, page 4.

Minimum wage on way up

B.C.'s minimum salary will go up in three stages, to $8.75 hourly on May 1, $9.50 in November and $10.25 by May 2012 The controversial training wage has been scrapped altogether by the premier

NATALIE KAUR JOHAL
VANCOUVER@METRONEWS.CA

Newly sworn-in Premier Christy Clark announced a three-stage minimum-wage hike for British Columbians yesterday — putting an end to 10 years of $8-an-hour earnings for the province's lowest-paid workers.

The change is a "reasonable step in putting families first," Clark said in a release.

Jim Sinclair of the B.C. Federation of Labour said the government was "shamed into change" following the ill-received introduction of the HST.

B.C. currently has the lowest minimum wage in Canada, but by 2012 it will be tied for third-highest with Ontario at $10.25 an hour.

Businesses indicated that they need time to adjust to the new wage and therefore, said Clark, the increase will be brought in gradually over the course of the next year.

Canucks lock up division

Vancouver mounts comeback against Colorado in 4-2 victory {page 26}

Village reaches out to Japan

Steveston Community Society plans fundraising walk, hopes to adopt Japanese village {page 4}

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Safe home for at-risk women to be created

With any luck, 26 at-risk women will have a safe and affordable new home in the Downtown Eastside when a new female-only supportive housing building opens its doors.

A report goes to council today to approve renovations to a two-storey building at Jackson and Powell streets, creating long-term housing for young women facing poverty and abuse, or who are looking to escape the sex trade.

"What's really unique about it is, beyond just renovating the building to create new housing for women, they're going to create (six) modular housing units in the back of the building," said Coun. Kerry Jang.

"That's the first time modified containers will be used for housing (in the city)."

Jang said the hope is for the building to be occupied within about a year.

The units will rent for $375 a month.

KRISTEN THOMPSON

Push to save eco program

A newly formed coalition is trying to save the ecoEnergy Home Retrofit program that provides Canadian homeowners with financial incentives and expert advice on energy-efficient home planning.

The Save ecoEnergy coalition is asking the Harper government to renew it as part of the upcoming federal budget.

The current program expires on March 31.

PHYLICIA TORREVILLAS

MATT KIELTYKA/METRO

▶ Vancouver Mayor Gregor Robertson speaks to an organizer of the Homeless Count after doing a shift on the street yesterday.

Gauging region's homeless crisis

Volunteers take to streets for 2011 Metro Vancouver Homeless Count
Up to 800 volunteers checked shelters, streets and alleys

MATT KIELTYKA
@METRONEWS.CA

Hundreds of volunteers scoured the Lower Mainland yesterday in an attempt to find the true extent of the region's homeless crisis.

There has been a significant upward trend in the number of homeless people over the last decade, according to recent counts, and the 2011 Metro Vancouver Homeless Count will help policy makers see if their renewed efforts on the issue are making any inroads.

Final numbers won't be available until June, but Vancouver Mayor Gregor Robertson took solace in the fact many of the volunteers are noticing less people on the streets and sleeping in shelters instead.

"Hopefully that's the trend that keeps continuing. We want people accessing shelters and getting off the street. That's the first step," said Robertson after doing a volunteer shift yesterday morning.

But the mayor also warned that overall homeless numbers have been on the rise.

The last region-wide count in 2008 tallied 2,660 homeless people — up from 2,174 in 2005.

Vancouver conducts its own count and the number within city boundaries has also gone up to 1,715 people in 2010 from 1,576 in 2008.

Vancouver-West End MLA Spencer Chandra Herbert said the count is "vital" to policy makers.

"I think it's vital that we know who is out there and get an idea of what they may be facing," he said. "We have to know that stuff if we want to end homelessness, otherwise we're just shooting in the dark."

Preliminary results from this year's count will be released in April, and a final report is slated for June.

Homeless stats

Regional counts:

- **2008:** 2,660 (1,086 sheltered and 1,574 on the streets)
- **2005:** 2,174 homeless people counted

City of Vancouver counts:

- **2010:** 1,715 homeless people
- **2008:** 1,576
- **2005:** 1,364

1 news

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A $1-billion battle against Mother Nature begins in Manitoba. Video at metronews.ca

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KYODO NEWS/THE ASSOCIATED PRESS

▶ A girl warms herself at a shelter for the March 11 quake-triggered tsunami survivors in Onagawa-cho, Miyagi Prefecture, Japan.

Taking steps to raise money

Richmond's fishing village reaches out to Japanese quake victims ◐ Society hopes to adopt sister village struggling to rebuild ◐ Charity walk set for Sunday

MEAGAN GILL
VANCOUVER@METRONEWS.CA

Steveston Village is taking brisk steps toward helping raise money for earthquake victims in Japan.

The Steveston Community Society is hoping to adopt a Japanese fishing village through its sister city Wakayama, in Japan. There has been little to no damage in Wakayama, so they've identified two other cities that Steveston Village can adopt.

Jim Kojima, president of the Steveston Community Society said one of the cities is Onagawa, which used to have a population of about 11,000 but counted just 4,000 as of Saturday.

"We're thinking it's going to take a number of years (to rebuild), so we hope we can support this little town every year," said Kojima.

The Steveston Community Society is also planning a one-kilometre walk this Sunday around the core of the village. It will start at 10 a.m. in Fisherman's Park. There will be two tents set up with donation boxes that will go through the Steveston Buddhist Temple to a village in Japan.

"It's not only for awareness but to raise money for the relief effort over in Japan," said Kojima.

Kojima, a third generation Japanese-Canadian himself, said "I believe as human beings we should help each other in times of need."

More urban sprawl, less green space

The rate Vancouver is losing green space to urban sprawl is alarming, according to the man who used to run the city.

During his term as mayor, Sam Sullivan made EcoDensity his top priority — insisting that building capacity in urban centres is better for the environment than sprawl.

Now, Sullivan has invited density expert David Owen to speak at the Vancouver Playhouse Theatre for a free presentation tonight at 7:30.

Owen explains how Manhattan is the greenest city in North America.

Residents consume less gasoline and electricity because the density of the area, he argues. Sullivan, will also unveil a Sprawl Meter today to show how much space the city is losing through sprawl.

"It's quite an alarming number," he said.

MATT KIELTYKA

First-time buyers rushing to real estate

B.C.'s first-time home buyers are snatching up real estate, according to experts, thanks largely to new Canada-wide mortgage regulations going into effect on Friday.

The spike in purchases, says Ryan DeLuca of Sotheby's Real Estate, is owing to the fact that "Buyers are not completely aware of what the new mortgage rules entail." Mortgages backed by government insurance will now be offered at a maximum of 30 years, down from 35.

Since mortgages will be spread out over less time, people's monthly payments will go up but, says DeLuca, "not by a huge amount."

"For the average person it will mean a change of about $100 per month. If you'd normally be paying $1,500, you could now expect to pay around $1,600."

NATALIE KAUR JOHAL

How to pour a Guinness

ALL PHOTOS
MEAGAN GILL/FOR METRO

1 Making sure the glass is clean and dry is Step 1 for Trevor Kallies, bartender at The New Oxford in Yaletown, who was taught by Guinness brew master Fergal Murray when Murray came to Vancouver from Ireland. "A branded glass, I feel, makes the beer taste just a little bit better," Kallies says.

2 Pour at a 45-degree angle with the beer just below the spout, but don't let it touch the liquid inside or the glass. Aim the spout at the back of the label and fill to about two-thirds full.

3 Patiently wait while it rests for approximately 119 seconds.

4 Keep glass upright and slowly fill the remainder of the glass, noting that 22 millimetres of head is ideal.

5 Place the label toward you to get yourself acquainted with the Guinness, and enjoy.

MEAGAN GILL

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Quit the danger zone

Growing number of countries tell their citizens to leave Japan
Death toll to hit 10,000: Officials

Australia and Germany advised their citizens in Japan yesterday to consider leaving Tokyo and earthquake-hit areas, joining a growing number of governments and businesses telling their people to go.

Meanwhile, military helicopters dumped seawater onto a reactor at Japan's Fukushima Dai-ichi nuclear plant in a bid to avoid a meltdown. Operators said they were close to finishing a new powerline that could restore cooling systems and ease the crisis.

Millions of people had little food, water or heat. About 452,000 people are staying in shelters.

More than 4,300 people are officially listed as dead, but officials believe the toll will climb over 10,000.

THE ASSOCIATED PRESS

Canada watches

Canada's Foreign Affairs department says there is no change in its position regarding Canadians in Japan.

- Canada has already issued an advisory against non-essential travel to Japan.
- No evacuation is being planned at present, Ottawa says. Canadians wishing to leave Japan can do so by commercial means.
- Cirque du Soleil has decided to move its performers and staff working in Japan to Macau, a spokesperson says. Its show ZED has been based at Tokyo Disneyland and the touring KOOZA show was performing at the Fuji Dome in Tokyo.

KYODO NEWS/THE ASSOCIATED PRESS

▶ Raging tsunami torrents left ships piled up with houses and other debris in this photo taken yesterday in Kesennuma, in Japan's Miyagi Prefecture.

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International pedophile ring busted: Police

Victims between the ages of seven and 14 Online forum members could exchange abuse photos, video

Police said yesterday they have smashed a huge international pedophile ring, rescuing 230 children and arresting 184 suspects — including teachers and police officers.

The three-year investigation codenamed Operation Rescue identified and safeguarded children in more than 30 countries by arresting people suspected of abusing them, said Rob Wainwright, director of the European Union police agency Europol.

The ring was centred on an Amsterdam-based online forum called boylover.net, which Wainwright described as "probably the largest online pedophile network in the world."

The heavily encrypted forum, whose administrator appeared in a Dutch court on Tuesday charged with sex offences, had up to 70,000 members.

The investigation was led by Britain's Child Exploitation and Online Protection Centre but involved agencies as far away as Australia, the United States and Thailand.

Peter Davies of the British child protection centre said there would be more arrests.

"Those who have been members of the site can expect a knock on the door in the very near future," he said.

Wainwright said the site was designed as a discussion forum where pedophiles could "share their sexual interest in young boys." THE ASSOCIATED PRESS

Online bust

Most of the 184 people arrested are suspected of direct involvement in sexually abusing children.

- **Those arrested include** teachers, police officers and scout leaders.
- **One individual involved** in youth camps is suspected of abusing some 100 children over five years.

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If a customer qualifies for Car Heaven or Retire Your Ride, Ford of Canada ("Ford") will provide an additional Rebate, with the purchase or lease of an eligible new 2010 F-150/2011 Ford or Lincoln vehicle (excluding all Fiesta, Ranger and Medium Truck models), in the amount of $1,000CDN [Focus (excluding 2011 S), Fusion (excluding 2011 S), Taurus (excluding 2011 SE), Mustang (excluding GT500, Boss 302, and 2011 Value Leader), Transit Connect (excluding EV), Escape (excluding 2011 XLT I4 Manual), Edge (excluding 2011 SE), Flex (excluding 2011 SE)] or $2,000CDN [Explorer (excluding 2011 Base models), Sport Trac, F-150 (excluding Raptor and 2011 Regular Cab XL 4X2), F-250 to F-550, E-Series, Expedition, MKZ, MKS, MKX, MKT, Navigator] (each an "Eligible Vehicle"). Taxes payable before Rebate amount is deducted. RYR Rebates are available to residents of Canada only excluding Northwest Territories, Yukon Territory, and Nunavut. 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Actual fuel consumption may vary based on road conditions, vehicle loading, and driving habits. #Based on R.L. Polk Canada, Inc. vehicle registrations data, YTD December 2010. Class is small utility. Class is intermediate sized cars.

AKIRA SUEMORI/THE ASSOCIATED PRESS

▶ Prince William and Kate Middleton hope to stem the tide of extravagant gifts such as the decorated cake above.

Wedding gift of giving

Prince William and Kate Middleton are asking for donations in lieu of presents ◐ Canadian Coast Guard Auxiliary among chosen charities

Prince William and Kate Middleton yesterday became Britain's first royal couple to request charitable donations in lieu of presents, seeking to pre-empt the tide of extravagant — and unusual — offerings that typically flood in for a royal engagement.

The palace said the couple was "touched by the goodwill shown them," and selected 26 charities to benefit from a special charity gift fund.

William and his bride-to-be are said to be determined to make sure their April 29 wedding is not seen as overly ostentatious at a time when the British economy is hurting.

The charities they have selected — including the Canadian Coast Guard Auxiliary — represent a range of organizations.

Donations can be made by going to royalweddingcharityfund.org.

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Europe seeks new rules for couples

16 The commission said there are about 16 million international couples in the European Union.

Sometimes it's not just a question of who gets the house and who gets the dog, but of which country's courts get to decide.

The European Commission, saying the number of international couples is on the rise, has proposed new rules that would determine which country's laws apply when such a marriage or civil partnership ends. The proposal does not seek to make divorce and property laws the same in all European Union countries.

The aim is to prevent one half of the couple, often the wealthier member, from rushing to court in the country he or she thinks would be most advantageous.

International couples also include those who have assets in a different country. THE ASSOCIATED PRESS

Kate. Dress

▶ Charlotte Todd shows off the dress she designed, which was worn by Kate Middleton in 2002, before its auction in London yesterday.

ALASTAIR GRANT/THE ASSOCIATED PRESS

A frock on the block

A dress designed by Charlotte Todd and worn by Kate Middleton during a St. Andrews University charity fashion show in 2002 is expected to sell for as much as $16,000 at auction today in London. A photo of Middleton wearing the dress can be seen in the background.

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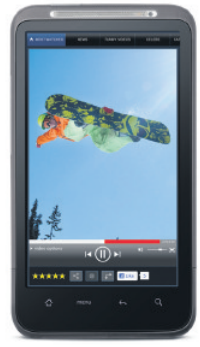

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Onetime Air India suspect sues government

- Bagri arrested and charged in 2000, acquitted in 2005
- Suit calls CSIS's investigative conduct 'unacceptable'

One of the two men acquitted in the 1985 Air India bombings is suing federal and provincial justice officials for damages and legal costs, saying his charter rights were violated by the failed prosecution.

Ajaib Singh Bagri filed a notice of civil claim in B.C. Supreme Court yesterday over his arrest and trial for murder in the deaths of 329 people killed in the June 23, 1985, bombing of Flight 182 and another explosion the same day that killed two baggage handlers at Tokyo's airport.

The lawsuit, filed in Kamloops, where Bagri lives, claims Bagri's charter rights were violated because the Canadian Security Intelligence Service destroyed recordings of intercepted conversations and a witness interview.

"(The B.C. attorney general) was negligent in commencing a prosecution against the plaintiff knowing that (charter) rights had been violated over a decade before the ... prosecution was commenced."
TEXT OF BAGRI'S LAWSUIT

It points out that in 1985, CSIS was intercepting the private communications of Talwinder Singh Parmar, but those intercepts were later destroyed by CSIS and no copies were kept. Parmar, considered the mastermind of the plot, was killed in a shootout with Indian police in Punjab in 1992.

In 1987, says the claim, CSIS interviewed a witness but notes and audiotapes of that interview were also destroyed and no copies were kept. This was "unacceptable negligence."

The provincial attorney general knew that these materials had been destroyed prior to commencing with their prosecution, says the claim, but proceeded. THE CANADIAN PRESS

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ACHING FOR SUMMER'S FIRST SWEET KISS

He says ...

JOHN MAZEROLLE

For a country that's in one hemisphere, Canada sure seems bipolar sometimes.

We're the only country in the world proud to be humble. We puff out our chests at our democratic values but sulk like children when it's time to vote. And here's the big contradiction this time of year: We embrace the myth of the lone and rugged, snow-loving Canadian outdoorsman, while we actually ache for the sweet kiss of summer.

If our schoolbooks and Roll Up The Rim commercials are to be believed, then we should be out in the wilderness right now, starting fires by knocking caribou antlers together and portaging our pemmican with the other voyageurs. In truth, the only survivor skills most know is that if you're stuck in a blizzard you should use your lightsaber to cut open your Tauntaun.

We spend the whole winter in shopping malls. We curse every snowfall except the first one and, if we're feeling the spirit, a light dusting before Christmas.

"This seasonal amnesia sounds like classic denial to me ..."

We can't handle winter and, in fact, act each year like we've never seen it before, rushing headlong into car accidents, heart attacks and that hilarious fall where you do a Russian kick dance before you hit the ground. If you do it right, your briefcase opens and the pages of your annual report go everywhere.

This seasonal amnesia sounds like classic denial to me — perhaps brought on by Post-Traumatic Snow Disorder.

And now comes spring, but not soon enough. Weather patterns differ across the country — Vancouverites will be laughing so hard at Halifax by mid-April that foamed milk will come out their nose — but right now everybody is in the same boat: The temperature dances about in the single digits and everybody stares mournfully at the sky.

The street is filled with season-pushers, dressed in skirts and light jackets, hoping that if we all dress like it's warm we might actually fool Mother Nature.

We like to criticize young people because, once it's 5 C, we can find guys outside bars wearing little more than cologne, alongside women in short skirts, whose length of exposed leg provides a quick measurement on The Likelihood Of Bad Life Decisions.

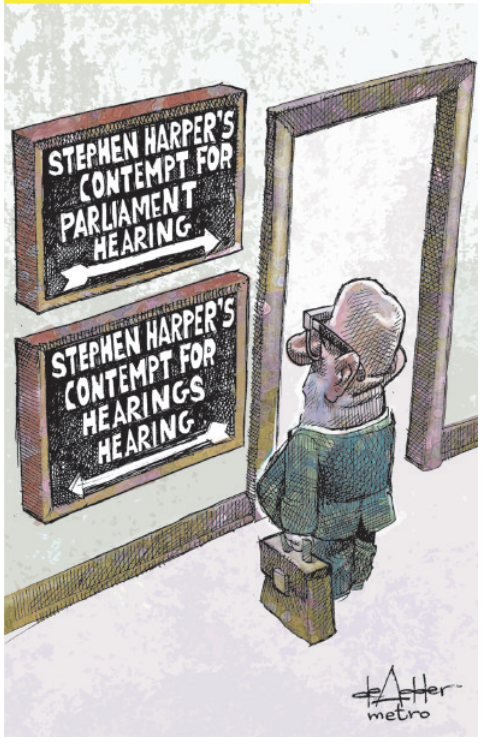
But in truth we're all in the same boat, dressed suggestively for Mother Nature and hoping she might give us a little somethin' somethin' to remember her by.

When it finally warms up, we can then, and only then, embrace our outdoorsman image. Unless there are insects. Then we'll be inside.

Read more of John Mazerolle's columns at metronews.ca/hesays

Cartoon

MICHAEL DE ADDER



2011: A Space Odyssey

Worth mentioning

The first humanoid robot ever launched into space is finally free.

Astronauts at the International Space Station unpacked Robonaut Tuesday, 2½ weeks after its arrival via shuttle Discovery. NASA broadcast the humorous unveiling ceremony yesterday.

American Catherine Coleman and Italian Paolo Nespoli pried off the lid of the robot's packing box, as though they were opening a coffin. TV cameras showed lots of foam inside, but no robot.

"It's like unearthing a mummy," radioed a payload controller at Marshall Space Flight Center in Huntsville, Ala.

"Well, at least the mummy would be here," Coleman replied. "We just have an empty box where Robonaut is supposed to be."

Robonaut — also known as R2 — was spotted a minute later in front of a work station.

"I'd like to introduce you to the newest member of our crew," Coleman said.

"We're going to see what Robonaut can do."

The payload controller asked if R2 was related to HAL, the sinister computer with artificial intelligence from the 1968 film 2001: A Space Odyssey.

"Since we found him already controlling the space station, we're sure that he is related to HAL. But we'll see," Coleman said.

THE ASSOCIATED PRESS

No strings attached

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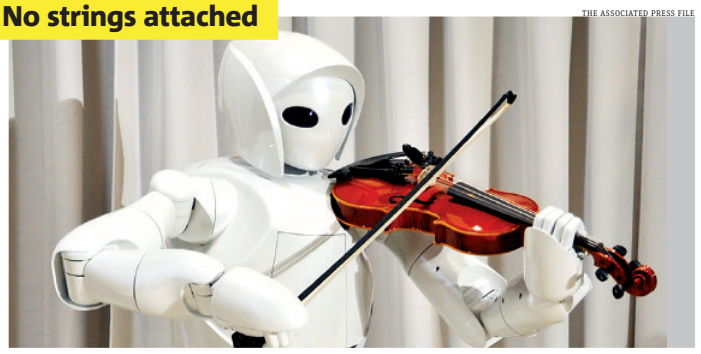

What did you want to be when you grew up?

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Metro Minute at Celtic Fest

How does one ring in St. Patrick's Day? By jumping headlong into the heart of Celtic music. As part of the ongoing Celtic Fest Vancouver, the Edgewater Casino's Stadium club will be home to Jay Knutson & the Draycott Swamp Devils tonight at 7.

The original "West Coast Celtic swamp" rockers, the Devils will have you tapping your feet to some "rockin' gumbo" Celtic tunes.

The concert, one of many events happening on St. Patrick's Day, is free but you have to be 19 or older to get in. For complete listings and artist profiles, visit the festival guide at www.celticfestvancouver.com. Cheers!

METRO

CONTRIBUTED

▶ Jay Knutson & the Draycott Swamp Devils will play as part of Celtic Fest Vancouver tonight.

Apple kid-proofs apps

Parents dinged hundreds of dollars for Smurfberries and other charges

Apple Inc. has changed how purchases inside iPhone and iPad games are authorized after customers complained that their children were racking up hundreds of dollars in charges.

The issue was that after a user entered his or her iTunes password on a device, the device didn't prompt for the password again for 15 minutes. Any purchases went through without a new password prompt. This meant that parents who handed over their iPhones or iPads to their children were sometimes shocked by large bills for Smurfberries and other virtual bling.

After complaints from parents, the U.S. Federal Trade Commission looked into the issue. With the iOS 4.3 software update, Apple devices have one 15-minute password-free timer for the App Store and iTunes, and a separate one for in-app purchases.

The parents who complained got refunds for the inadvertent purchases.

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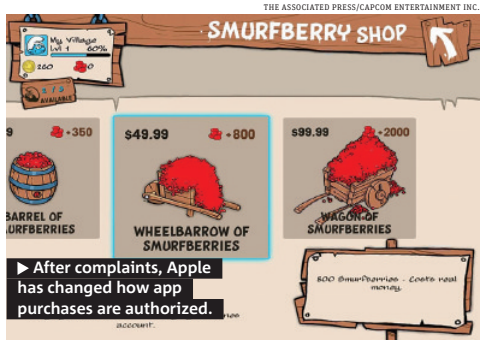

▶ After complaints, Apple has changed how app purchases are authorized.

COMING UP ROSES

Steadfast growth ahead: TD

The Canadian economy will overcome any effects from the crisis in Japan and expand faster than was expected a few months ago, TD Bank predicts.

The bank's new forecast has the economy growing strongly in the first half of this year and slowing in the latter half. For the year, TD expects the economy will expand by three per cent, half a point more than its previous estimate and 0.6 percentage points higher than the Bank of Canada's projection. The growth will be most prominent in Newfoundland and the Prairies, but even Ontario's manufacturing-based economy will rise by 2.9 per cent, TD says.

Statistics Canada said yesterday that Canada's still-depressed manufacturing sector had a banner January, with activity picking up by 5.5 per cent in volume terms.

TD's sunnier outlook stems from the strong 3.3 per cent growth in the fourth quarter, a more optimistic outlook for Canada's biggest trading partner — the United States — and higher demand for commodities.

THE CANADIAN PRESS

Xoom versus iPad: Tablet smackdown

Motorola Mobility Inc. will launch a Wi-Fi-only version of its Xoom tablet computer in the U.S. for $599 US. The Xoom is a prominent competitor to Apple Inc.'s iPad, but manufacturers have had a hard time matching its price.

The Wi-Fi-only iPad 2 with 32 gigabytes of flash memory, the same amount as the Xoom, also costs $599. Both tablets have fast dual-core processors and two cameras. But the Motorola Mobility tablet runs Google Inc.'s Android software, while the iPad runs a version of the iPhone's software.

The Xoom goes on sale March 27. There's no word yet of a Canadian release date.

THE ASSOCIATED PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
– 22.14 (13,524.82)	– 0.08¢ ($100.83 US)
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2 scene

HANDOUT

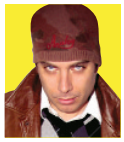
▶ Cavalia, along with its huge big top, are here in Vancouver from March 22 to April 10.

It's big-time work to put up a big top

With 71,000 square feet of canvas, to say Cavalia has a big top is an understatement ◗ Horses, aerialists, acrobats, dancers and musicians galore

BACKSTAGE PASS

GRAEME MCRANOR
METRO VANCOUVER



There are 49 horses featured in Cavalia, a colossal touring show billed simply as a magical encounter between human and horse.

Yet wild horses didn't bring Cavalia to Vancouver. Nor will they drag it away.

In fact, it takes a convoy of 85 transport trucks to haul this massive production around the world.

Seven of those semis are tasked with transporting the largest touring Big Top on the planet — more than 71,000 square feet of canvas stretching 110-feet high and roughly 26,000 square-feet wide.

There are also 37 riders, aerialists, acrobats, dancers and musicians, and roughly 70 production personnel in the mix. So it's fair to say moving Cavalia from place to place is no small task.

Enter tour director Duncan Fisher, whose job is to make sure everyone and everything gets to the right place.

"We've been here for about a week getting some of the ground prepared to level everything out for the show," he said at the raising of the big top in Vancouver a few weeks ago.

Once on location, a month is required to fully set things up, although Fisher is quick to point out the crew doesn't work the entire time.

"Now we leave for two weeks. We have a second Big Top and the rest of the equipment in Los Angeles for another two weeks, so we arrive on location a little bit in advance and that allows us to get this tent up and provides a little publicity for the show so people know we're coming."

Sounds simple, right?

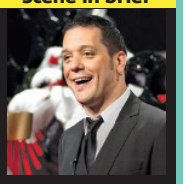
"I've been doing it a while," he said. "You get used to it."

Cavalia trots into the big top March 22 and runs until April 10. Visit cavalia.net for more information.

Other events

- **Commodore.** The main thing to remember about St. Patrick's Night at the Commodore is that it's not tonight, which is St. Patrick's Day. It's tomorrow night and it features local Celtic rockers The Town Pants, with guests Mezamazing and the Belle Game. Tickets are $20 at livenation.com.
- **Celticfest.** If you haven't had your fill of all things Irish by Sunday, check out Celticfest's 7th annual St. Patrick's Day Parade, which kicks off at Howe and Drake streets at 11 a.m. celticfestvancouver.com

Scene in brief



CBC personality George Stroumboulopoulos is joining a roster of international stars using their fame to bring attention to world hunger. The late night TV host announced Tuesday that he will serve as an ambassador against hunger for the United Nations World Food Program.
THE CANADIAN PRESS

Elvis Week to feature concert with virtual Elvis; Sam Phillips movie, vigil also scheduled

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NED EHRBAR
SCENE@METRONEWS.CA

There have been rumours that Bradley Cooper scored five million dollars to star in the sequel to his breakout film, The Hangover, but you honestly wouldn't know it, given his fondness for freebies.

When we caught up with him while he was promoting his new film, Limitless, he was lounging on a couch in the Trump Soho Hotel with a backpack by his feet. The logo on the bag looked familiar. We asked if it was from one of his other recent films.

"The A-Team? Yeah, I love it. It's the greatest. You wanna see it?" Cooper says, excitedly pulling it over so that we can take a look at

▶ Bradley Cooper.

the military grade sack with the logo from last year's summer blockbuster, in which Cooper also starred. "All I wear is stuff from movies," he confesses of the free promotional items from major studio films like, well, almost every film he's been in lately.

Now Cooper is the leading man in Limitless, as a struggling writer who suddenly becomes a power player once he stumbles on a drug that allows him access to his brain's fullest potential.

The immediate success that the fictional drug, NZT, brings his character in the film mirrors Cooper's own fast shot to fame, though he did so without any kind of chemical aid. We had to ask: do the most famous actors and actresses become successful because they're truly the best at what they do?

"Isn't it like what Oprah said? Luck is opportunity meets preparation," Cooper says.

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Wedding date soon for Reese

Plans to wed fiancé Jim Toth at her California ranch

GETTY IMAGES

▶ Reese Witherspoon

Reese Witherspoon is reportedly hard at work putting the finishing touches on a private wedding for herself and fiancé Jim Toth, according to Radar Online.

And it's happening soon. The secret ceremony, which will be held on her Ojai, Calif., ranch, is reportedly set for March 26.

"Candles and flowers will be everywhere, in white and pastels, for an intimate feeling," sources say of the planned event. Witherspoon and Toth will tie the knot in front of about 100 guests, sources say. METRO

Justin wanted split for a while: Source

Though he just recently split from Jessica Biel, Justin Timberlake reportedly was ready to end it a while ago, according to Us Weekly.

"He hasn't been happy with Jessica for close to two years," a source tells the magazine.

"You'd be surprised at how soon the love was lost on this one.

"Justin said he was miserable."

Timberlake and Biel dated for four years. METRO

Celebrity tweets

Elizabeth Banks [@Elizabeth Banks] I just crossed three lanes of traffic because I spotted some girl scouts and I've been dying for Samoas. Got em!

FLICKR/SITTERED

Patton Oswalt [@patton oswalt] I've asked for so many packs of Saltines from this bartender I'm amazed he hasn't called the Hobo Police.

Jessica Alba [@jessicaalba] heading back to the big apple 4 a quick trip. need a late night restaurant suggestion. got any?

Bob Saget [@bobsaget] Having lunch with my mother. She had the chicken salad. And this is the story of how I fed my mother...

METRO

GETTY IMAGES

▶ Robert Pattinson

Pattinson stays on the move

Robert Pattinson has been raking in the dough for his work in the Twilight franchise, but he still hasn't been able to settle down. "I'm afraid of buying a house or anything because if there's one paparazzo outside for one day, then they'll never leave," he tells Vanity Fair.

"The best way to deal with it is to move around all the time." Of course, Pattinson has to deal with stalkers as well as photographers.

"It is weird. You have to wonder — what do they want? I can't really understand it even now," he says of his more obsessed fans. "It does have an angle, which is attached to something quite primal in girls. I guess people want it to define them, like, 'I'm a Twilight fan.' That's crazy to me." METRO

Gomez: Not easy dating Bieber

Selena Gomez admits that dating Justin Bieber can be difficult, thanks to his overzealous fans and their tendency to lash out online.

"It's hard," she says during an interview with radio station Z100 in New York.

"It does hurt my feelings a lot, but I try not to focus on it."

But at least Gomez understands where they're coming from, having been there herself.

"I will say that I agree with them sometimes," she says. "I loved Jesse McCartney. I was obsessed with him. He dated Katie Cassidy when he was 16 or 17. I hated her — absolutely hated her. I was mortified that he was with Katie and I wanted to be with him. He was my screen saver!" METRO

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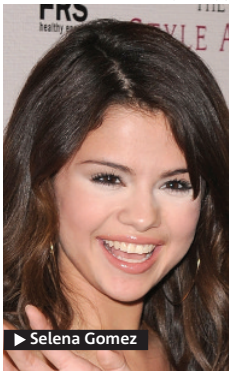

▶ Selena Gomez

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†Scotiabank, SCENE LP and Cineplex Entertainment LP are in no way affiliated or associated with the Toronto International Film Festival, the Sundance International Film Festival or the Venice International Film Festival. The Contest commences at 12:01 a.m. (ET) on January 31st, 2011 and ends at 11:59 p.m. (ET) on March 20th, 2011. No purchase is necessary. To enter this Contest, members must register online at www.scene.ca/promo/filmfest. To complete this registration, entrants must successfully answer a mathematical skill-testing question. There will be 3 Grand Prizes awarded each consisting of a trip for the winner and a guest to one of the locations below. The 1st grand prize is a trip for 2 to Venice in 2011 (ARV $12,000 CDN). The 2nd grand prize is a trip for 2 to Utah in 2012 (ARV $12,000 CDN). The 3rd grand prize is a trip for 2 to Toronto in 2011 (ARV $12,000 CDN). Also, there are one thousand (1000) Secondary Prizes consisting of 1000 SCENE points each (ARV of $10 CDN). Chances of winning depend on the total number of eligible entries received during the Contest Period. The Contest for the Grand Prizes is open to all residents of Canada who have reached the age of majority by the end of the Contest Period. The Contest for the Secondary Prizes is open to all residents of Canada who have reached the age of 14 by the end of the Contest Period. Entrants can earn one (1) entry each time they use their SCENE membership card to earn or redeem points and two (2) entries for each time they make a qualifying purchase using a SCENE™ ScotiaCard® or a Scotiabank SCENE™ VISA* card. For full Contest details go to www.scene.ca/promo/filmfest .

TOP 5 LOOKS OF THE SEASON

Four weeks of runway shows across four fashion capitals are finally behind us

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PRADA'S
pretty, lady-like looks

1 Miuccia Prada's autumn collection had a '60s-flavoured, lady-like prettiness to it that made an interesting contrast to the bold, in-your-face work she showed last season (the banana print and striped skirts you're seeing all over the magazines right now). Simple dresses with large, round gold buttons segued into printed belted versions with brightly coloured grids followed by a quirkily pretty series of frocks embellished with sheer, pastel-coloured paillettes that are sure to be a retail hit.

MARC JACOBS'S
trippy dots

2 Are polkadots the new stripes? The always directional Marc Jacobs took a stiff right turn away from the easy, floaty wind-machine dresses he showed last season. His new collection was about more structured looks in futuristic silhouettes with loads of circle-shaped sequins, paillettes and latex appliqués. That means you can pretty much guarantee that the season's trend for shiny, shimmery looks will be fairly huge next fall.

JASON WU'S
cool take on embellishments and tailoring

3 Autumn/winter 2011 is going to be all about the details, from the crystal embroidery on an otherwise modest blouse to a strip of lace running down the sleeves of a coat to the floral appliqués on a simple, body-sculpting dress. Jason Wu's collection, which had all three, was one of the best examples of this trend. His clothes also fell right in line with the mannish tailoring trend, which will also be huge for fall.

ALEXANDER WANG'S
tough and sporty sweater dresses

4 If last season was a shaky departure from the trademark, much loved look he calls Models Off Duty, this collection was a return to his usual too-cool-for-school form. The show had all of the Wangisms we've grown to love. His trademark tough and sporty sensibility was in full effect. But there was a more mature, sophistication to the clothes too.

FENDI'S
plays on texture

5 Karl Lagerfeld's collection with its subtle sense of English countryside chic was one of the best of Milan Fashion Week. And his play on texture, mixing ribbed knits with tweed, fur and wool, can be recreated with items from your own wardrobe. Things to lust after from this collection included his shaggy patchwork coats in fox, lamb and chinchilla (some of the best furs shown all season), his trapeze shaped jackets, ribbed skirts and tights, and blouses with ruffled flourishes at the neckline — basically, everything.

3 life

Most bizarre

Doing the chicken dance

Coco Rocha inexplicably walked the Moschino runway with a chicken on her head.

Jimmy Choo builds its brand on the look and life of co-founder Tamara Mellon

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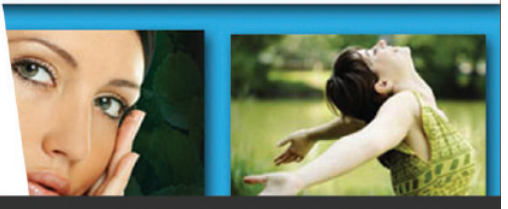
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Meet Mr. Jay, with Attitude

Top Model's Jay Manuel is pairing with Sears to create his debut womenswear collection Attitude

He dishes about the brand, his nerves and his bold return home in the north

ELIZABETH BEDDALL
@METRONEWS.CA

How did Attitude take shape? For the longest time people told me I should be doing a clothing line and I always said it would have to be the right time, the right place, the right retailer. Sears Canada came to me and it felt like the right fit. Honestly, there was a nostalgic feeling for me – shopping at Sears as a kid. For me it was just creating a first collection that represented strength, while still being feminine.

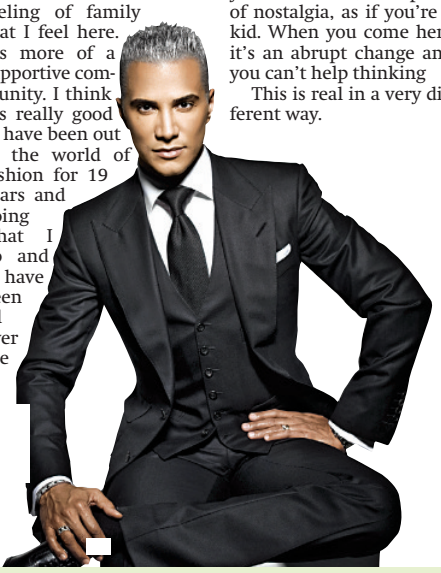
Describe the woman who will love your line? Somebody who wants to look fashionable and stylish. There are those trendy pieces that you know are just going to last one season. For the most part I wanted to create that classic style with a little bit of a different perspective on it.

Many celebrities who lend their name to a line merely endorse it. Because you're taking on such a role in the design and fabrication of Attitude, are you nervous with LG Fashion Week on its way? I wasn't nervous until very recently. I had already started designing the set – I'll let you know there are going to be some surprises at the show, some familiar faces – and of course when I cast girls I'm looking for girls with really strong walks. I was fine with the process because I've done it so many times for so many designers and for Fashion Week in New York. But then when I came here and realized we were starting this process and people are telling me, 'Oh this or this person is going to be there,' that's when the nerves hit. But I have total confidence that the pieces are great.

You've travelled across the world. What do you miss most about Canada when you're away? My parents are still in Toronto. It's almost that feeling of family that I feel here. It's more of a supportive community. I think it's really good to have been out in the world of fashion for 19 years and doing what I do and to have been all over the world because it toughens you up.

But when you come back to a place like this where you're showing your collection, it's a place of nostalgia, as if you're a kid. When you come here it's an abrupt change and you can't help thinking

This is real in a very different way.



LG Fashion Week posts lineup

Canada's biggest fashion showcase will kick off later this month with fall/winter collections at Toronto's LG Fashion Week.

This season's event, dubbed The Business of Fashion, will feature more than 40 designers, including newcomers and industry veterans displaying their latest collections.

For more information, visit lgfashionweek.ca.

THE CANADIAN PRESS

St. Patty's Day — it's about more than beer

Irish cuisine, such as hearty lamb and potato stew, steals the spotlight **Throw it in the slow cooker and go**

OTARIOPOTATOES.CA

Lamb and potatoes are the stars of this Irish stew.

DINNER EXPRESS

EMILY RICHARDS
FOOD@METRONEWS.CA

This Irish stew, packed with potatoes and lamb, gets thrown into the slow cooker for easy preparation.

Preparation:

1 Sprinkle lamb with half of the salt and pepper. Brown all over in skillet over medium high heat. Place in slow cooker. Add water to skillet and bring to boil scraping up brown bits. Pour liquid into slow cooker.

Ingredients:

- 3 lbs (1.5 kg) lamb leg or shoulder chops
- 1 tsp (5 mL) salt
- 1/2 tsp (2 mL) pepper
- 1/2 cup (125 mL) water
- 3 onions, chopped
- 2 large carrots, chopped
- 2 tbsp (25 mL) Italian parsley
- 1 tbsp (15 mL) dry thyme
- 2 cups (500 mL) beef or chicken stock
- 2 1/2 lbs (1.25 kg) Ontario potatoes, peeled and cubed
- 2 tbsp (25 mL) butter
- 2 tbsp (25 mL) all purpose flour

2 Return skillet to medium heat and cook onions, carrots, parsley, thyme and salt and pepper for 8 minutes. Scrape into slow cooker. Add stock and potatoes. Cover and cook on Low for 8 hours.

3 In bowl, mash together butter and flour. Uncover cooker; stir butter mixture into stew and cook on high for 20 minutes. **ONTARIOPOTATOES.CA**

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE ON EMILY, VISIT EMILYRICHARDSCOOKS.CA

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World Vision

Japan devastated by quake and tsunami

AP Photo/Kyodo News

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On Friday, north-eastern Japan was struck by a 9.0 magnitude earthquake – one of the most powerful earthquakes in recorded history – triggering a powerful tsunami. Thousands have lost their lives and entire towns have been washed away.

Children urgently need your help.

More than 400,000 children and families have been displaced. Children are spending bitterly cold nights in the open without food or water.

World Vision is there.

At this moment, our staff is on the ground, working to ensure that relief gets to those who need it most. Additional disaster response experts are on their way to assist in assessing and responding to the most urgent needs.

Please act now to protect lives!

To rush emergency supplies to the children and families of Japan who desperately need help now, call **1 800 654-2650** or donate now at **worldvision.ca**.

World Vision is a Christian relief, development, and advocacy organization dedicated to working with children, families, and communities to overcome poverty and injustice. As followers of Jesus, we are motivated by God's love to serve all people regardless of race, religion, gender, or ethnicity.

Rush my gift to help save lives in Japan!

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Being trendy without breaking the bank

Karl Lohnes tells you how to decorate creatively **Simple solutions like slip covers make all the difference**

DESIGN CENTRE

KARL LOHNES
HOME@METRONEWS.CA

In the old days our parents would look in a store window or a catalogue and buy the entire living room or bedroom set as they saw it; the mixing and matching was done for them and they were guaranteed a "pulled together," trend-setting room.

It surprises me that today, people buy only what they see in a showroom or online and don't bother asking about custom options. For about the same amount of money and just a few weeks wait, you can have the room of your dreams by customizing furniture, lamps, draperies and rugs to a style and colour that personally suits you.

The more you make something your own, the longer you will like it and the prouder you will be.

There's a new generation that wants affordability and flexibility when it comes to choosing their own furniture; and they want it at a fair price. More and more stores are offering custom choices when ordering furniture. Next time you're at a furniture store, consider the asking the following questions.

HANDOUT

▶ Customizing furniture is an easy way to give your home a unique look.

Can I change the fabric?

Most often the retailer has a huge array of fabrics to choose from; what you see on the furniture in their store is how they have ordered it. Don't be afraid to ask about changing a fabric choice to something more suited to your taste.

Urban Barn, a large Canadian furniture retailer with more than 40 stores in Canada offers 350 fabric choices, cushion styles and wood stains for their upholstered furnishings.

Are there wood stain options?

The most popular wood colour of the moment is dark espresso stain. It's been around for six to eight years and retailers often choose it for their showroom models as they are comfortable selling it.

Trends are changing and lighter wood tones are coming back in style. In particular, medium walnut stains and driftwood-coloured wood.

If you have cherry-wood kitchen cabinets and want a consistency with a wood table then ask the retailer if they sell your favourite table in a cherry-type stain.

Can the cushion fillings be changed?

Comfort in a sofa lies in its size and in the type of cushions. If a sofa is long enough to lie down on yet has hard-foam cushions then it won't be very comfortable. A puffy-type cushion is usually a piece of foam wrapped in a layer of cotton baton or goose-down feathers. This gives support when you sit, with the cushy feeling. For a very modern sofa the cushions are often all foam in order to give a clean-lined look to the cushions.

Fabric

- Not all good fabrics are the most expensive. Fabric with a mix of synthetic fibres is good. They are often more durable and resist fading in the sun. Deep greys or patterned brights in accent seating are a trend right now.
- If you are not looking for new furnishings you can still customize your space by slip-covering your upholstered furniture in humble fabrics like linen or washed denims.
- Refinish an old cabinet with a grey stain or paint it a bright eye-popping colour. Die old drapes with an over-saturated fashionable colour (like turquoise or cranberry) to add a dramatic look to your room.
- The best brown stain colour to choose for the legs of a sofa is dark walnut. It will blend nicely with everything no matter what the trends.

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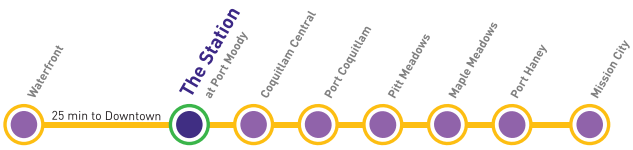

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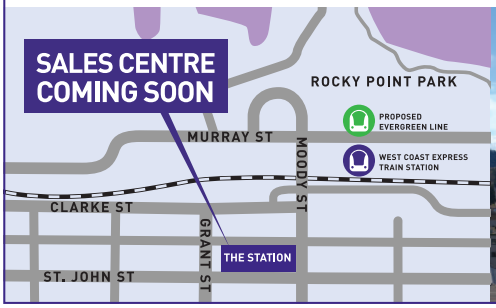

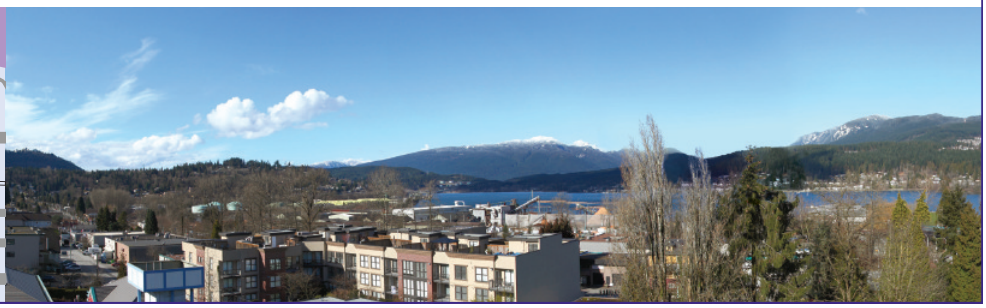

Say goodbye to 'nail pops'

DIY IDEAS

JIM CARUK
HOME@METRONEWS.CA

Did you buy a newly-constructed home about a year ago and are just now noticing ugly "nail pops"?

They probably weren't there when you moved in. And they are not (usually) a symptom of shoddy construction.

It's just that all newly-built houses go through a settling process. That's when these things appear.

What to do?

You can call your builder, sure. They may come and repair those suckers for you. But they don't legally have to. Because under Ontario's New Home Warranty Program, ordinary nail pops are not covered. So do you have to hire an expensive drywall guy to fix them?

ISTOCK IMAGES PHOTO

▶ If you need some help with drywall, head to biyworkshops.com.

No, you can fix them yourselves. Here's how.

First, locate all your nail pops by shining a lamp at an angle to the wall. Start by screwing in a new drywall screw adjacent to the popped one. Make sure you screw it in until it bends — but does not break — the surface of the wall. Then use a nail set or a heavy-duty nail to hammer the offending screw back below the surface.

Now apply some premixed drywall compound with a six-inch drywall knife. Scrape it flat. Sand it with fine-grit sandpaper and repeat. On the final sanding, try to get everything as smooth as possible.

Now you're ready to paint. With luck, you asked the builder for the exact colour code of the paint.

Or if you were really smart, you asked the builder, when you moved in, to leave you with a little bit of that exact paint.

If that didn't happen (it probably didn't) at least know the paint chip code.

You may not get a perfect match unless you repaint the whole wall, but it will still look better than that unsightly nail pop.

JIM CARUK, HGTV HOST, HAS BEEN A RENOVATION CONTRACTOR FOR MORE THAN 30 YEARS.

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Focus on the practical before the pretty

Homewreckers host says it may be wise to put some cosmetic changes to your house on the back burner

Turning your basement into a cosy home theatre or your bathroom into a mini-spa oasis is the stuff renovation dreams are made of. Replacing roofs and side panelling? Not so much.

Some homeowners may find it difficult to forgo transforming part of their dwelling into a space befitting their renovation fantasies.

But take it from Kristi Hansen, who has forged a career taking on virtually every renovation project imaginable: it's best to put cosmetic changes on the back burner rather than ignore other areas in dire need of repair.

However, given the choice, people often opt to do the opposite.

"It's patchwork-quilt renovating, and it's also desperately seeking out a zone to love because you're surrounded by this house that you're not loving," she said by phone from Vancouver.

Hansen has notched nearly two decades of experience under her tool belt as a tradesman, plumber, Class B gas fitter and mentor.

She opened her plumbing and renovation company, Vancouver-based Pretty Plumbing Co., in 2004, which she shuttered after the birth of her first son, Alistair, to focus on her family.

Now a mother of two, the 38-year-old is in the process of restarting her business.

Act quick

- Hansen said people are often terrified at the prospect of reno and repair costs, and scared to have someone come in to take a look because of concerns the quote will exceed their budget. Meanwhile, every year that ticks by, things get "exponentially worse."
- If individuals acted when the problem in question was minor, they would probably have the budget now for the "pretty stuff," she noted. But perceived costs of fixing areas in immediate need of repair often lead people to put the blinders on rather than face the facts.

In the meantime, she can be seen on the small screen doling out advice and sharing her know-how on Homewreckers, which premieres Tuesday, March 22 at 8:30 p.m. ET on W Network. During the series, which is filmed in locations throughout B.C.'s Lower Mainland, Hansen said she is troubleshooting on the spot and gets no advance notice of issues in a given home. She said homeowners are surprised by the little things she notices, such as a tiny water spot signalling a roof in need of repair.

The debut episode features what can be described as a classic case of the "patchwork quilt" reno.

Candice and Guy have invested thousands of dollars — and a year of Guy's time — creating a gorgeous, state-of-the-art kitchen. But as Hansen tours the home, her inspection spots areas that are far from pretty, from mould in the bathroom to a dilapidated deck.

"Of course everyone wants the sexy things fixed and looking great — 'Yeah, look at my kitchen.' But what about the structural integrity of your home?" she said.

"What about your cracked foundation? What about the fact that your deck that had a tiny scratch in it that you've let go for so many years has now rotted out a main structural beam in your house?

"It's going to creep and spread and infiltrate the inside of your house to the point where your big, beautiful kitchen doesn't matter anymore, it doesn't count, because the stuff around it isn't solid."

THE CANADIAN PRESS

HANDOUT

▶ Kristi Hansen is sharing her reno know-how on the new W Network series Homewreckers.

4 sports

Canucks punch playoff ticket

Mathematically in post-season with ten games remaining in crowded West ◆ Schneider strong again making 27 saves for fifth straight win

JONATHAN HAYWARD/THE CANADIAN PRESS

Vancouver's Maxim Lapierre, right,celebrates his goal with teammate Jeff Tambellini last night.

Henrik Sedin scored the game-winner and added an insurance goal to give Vancouver a 4-2 win over the nosediving Colorado Avalanche last night as the Canucks grabbed the NHL's first playoff berth.

Sedin snapped a 2-2 tie with a quick shot from the deep slot after receiving a clever drop pass from brother Daniel, who pushed the puck back between his legs.

The goal came two minutes 18 seconds after Alex Burrows tied the game by jamming Daniel Sedin's centring pass under goalie Brian Elliott, who faced 39 shots.

CANUCKS	AVALANCHE
4	2

Burrows, the third member of the Sedin line, scored his 21st goal of the season and fourth in seven games. Maxim Lapierre got the other Vancouver goal in the second period.

The scoring came after a lacklustre first period where Erik Johnson and Matt Duchene staked Colorado to a 2-0 lead.

Avalanche forward Paul Stastny almost tied the game with two minutes remaining but fired a rebound chance into the glove of Schneider.

Elliott was then lifted for a sixth attacker but the move backfired with Sedin firing his second goal into the empty net.

Vancouver improved to 47-16-9 to clinch their fourth Northwest Division title in five years, guaranteeing at least the third playoff seed in the Western Conference.

The streaking Canucks won their seventh straight game to lead idle Philadelphia by 10 points in the President's Trophy race for first overall.

They remained 11 points ahead of Detroit in the chase for the Western Conference title.

Sami Salo was back in Vancouver's lineup after leaving Monday's 4-2 win over Minnesota after blocking a shot with his left elbow.

THE CANADIAN PRESS

Quoted

"I just try to be aggressive. I've learned, watching all the games, that if I'm aggressive early, it makes the defence collapse on me and it makes my teammates open even more."

HORNETS GUARD CHRIS PAUL, WHO HAD 26 POINTS AND NINE ASSISTS AS NEW ORLEANS EXTENDED THE PHOENIX SUNS' LOSING STREAK TO FOUR GAMES BY WINNING 100-95 LAST NIGHT.

NHL GMs look at expanding video review

After dedicating two days to making the game safer to play, the NHL's general managers wrapped up their annual meetings in Florida by discussing how to get more calls right on the ice.

The most interesting item to come from yesterday's session was a request from hockey operations to start using video review to look at four-minute high-sticking calls. It garnered some support among the GMs and will be examined again when they meet during the Stanley Cup final in June.

Double minors for high-sticking are assessed when a player is cut by an opponent's stick — something that isn't always easily detected in real time.

"We've had situations where on video review it's the other player's stick and it's a hard call on the ice," said Colin Campbell, the NHL's senior vice-president and director of hockey operations.

"We said we can live with it for 82 games, but in the playoffs that's a pretty big turnaround if you get the wrong call. The referees have supported us on that, they would like some help on that.

"That's our plea in hockey operations."

It appears the biggest issue to be worked out is whether a video review would be triggered by referees, a coach's challenge or automatically with every double minor for high-sticking assessed.

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NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Philadelphia	69	43	19	4	3	222	184	93	21-10-2-2	22-9-2-1	4-4-2-0	W1
d-Washington	72	41	21	5	5	195	176	92	22-8-2-5	19-13-3-0	9-1-0-0	L1
d-Boston	69	39	21	4	5	208	166	87	16-12-3-2	23-9-1-3	6-3-1-0	W1
Pittsburgh	71	41	22	5	3	206	172	90	22-12-2-0	19-10-3-3	5-2-3-0	W2
Tampa Bay	70	39	22	4	5	210	211	87	22-9-1-4	17-13-3-1	4-4-1-1	W1
Montreal	70	38	25	4	3	186	176	83	21-9-3-3	17-16-1-0	7-3-0-0	L1
NY Rangers	71	37	30	2	2	204	174	78	16-17-1-2	21-13-1-0	6-4-0-0	W2
Buffalo	70	34	28	7	1	203	202	76	15-16-2-1	19-12-5-0	5-3-1-1	L1
Carolina	71	32	29	5	5	198	212	74	18-12-2-2	14-17-3-3	2-7-1-0	L1
Toronto	71	31	30	5	5	187	219	72	16-14-3-4	15-16-2-1	4-3-2-1	W1
New Jersey	69	33	32	3	1	150	176	70	17-14-2-1	16-18-0-1	8-2-0-0	W3
Atlanta	70	29	29	5	7	196	226	70	14-14-2-5	15-15-3-2	4-4-1-1	L1
Florida	70	28	33	5	4	175	194	65	14-15-5-3	14-18-0-1	3-5-2-0	L1
NY Islanders	71	27	33	6	5	197	226	65	16-15-1-4	11-18-5-1	4-2-3-1	L2
Ottawa	70	25	36	5	4	158	220	59	11-19-2-3	14-17-3-1	5-5-0-0	L2

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
y-Vancouver	72	47	16	4	5	237	169	103	25-7-1-4	22-9-3-1	8-2-0-0	W7
d-Detroit	70	42	20	5	3	230	201	92	19-11-3-2	23-9-2-1	5-3-1-1	W3
d-San Jose	71	40	23	4	4	203	186	88	18-11-2-3	22-12-2-1	5-3-0-2	W1
Los Angeles	70	40	25	3	2	196	170	85	20-11-2-0	20-14-1-2	7-2-1-0	W4
Phoenix	71	37	23	7	4	206	203	85	17-11-4-2	20-12-3-2	4-4-1-1	W3
Chicago	70	38	24	3	5	232	197	84	22-14-0-0	16-10-4-4	7-1-1-1	W1
Dallas	70	37	25	3	5	196	199	82	19-11-2-4	18-14-1-1	5-3-2-0	L2
Anaheim	70	38	27	3	2	197	203	81	22-12-1-1	16-15-2-1	6-3-1-0	W1
Calgary	72	36	27	3	6	217	207	81	21-12-1-3	15-15-2-3	5-4-0-1	L3
Nashville	70	35	25	6	4	179	165	80	17-8-4-3	18-17-1-1	4-4-1-1	L1
Minnesota	70	35	28	2	5	178	188	77	17-13-1-3	18-15-1-2	3-6-1-0	L3
Columbus	69	32	27	4	6	190	209	74	16-14-1-3	16-13-3-3	2-4-1-3	L1
St. Louis	70	31	30	4	5	194	209	71	20-12-1-3	11-18-3-2	4-6-0-0	L2
Colorado	69	26	35	7	1	193	243	60	14-17-4-0	12-18-3-1	1-8-0-1	L9
Edmonton	70	23	38	2	7	172	231	55	12-19-1-3	11-19-2-3	4-5-1-0	L4

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
Toronto 3 Carolina 1
Vancouver 4 Colorado 2
Detroit 3 Washington 2
Anaheim 2 St. Louis 1
Tuesday's results
Pittsburgh 5 Ottawa 1
Washington 4 Montreal 2
Phoenix 4 Calgary 3
Carolina 1 Buffalo 0
New Jersey 4 Atlanta 2
N.Y. Rangers 6 N.Y. Islanders 3
Boston 3 Columbus 2 (SO)
Philadelphia 3 Florida 2
Los Angeles 4 Nashville 2
San Jose 6 Dallas 3
Tonight's games
All times Eastern
Philadelphia at Atlanta, 7 p.m.
Detroit at Columbus, 7 p.m.
Tampa Bay at Montreal, 7:30 p.m.
New Jersey at Ottawa, 7:30 p.m.
Toronto at Florida, 7:30 p.m.
Boston at Nashville, 8 p.m.
Chicago at Dallas, 8:30 p.m.
Colorado at Calgary, 9 p.m.
Phoenix at Edmonton, 9 p.m.
St. Louis at Los Angeles, 10:30 p.m.
Minnesota at San Jose, 10:30 p.m.
Tomorrow's games
Washington at New Jersey, 7 p.m.
Montreal at N.Y. Rangers, 7 p.m.
N.Y. Islanders at Carolina, 7 p.m.
Phoenix at Vancouver, 10 p.m.

CANUCKS 4, AVALANCHE 2

First Period
1. Colorado, Johnson 8 (Liles, Jones) 11:20 (pp)
2. Colorado, Duchene 22 (Olver, O'Byrne) 12:47
Penalty — Salo Vcr (interference) 10:10.
Second Period
3. Vancouver, Lapierre 6 (Higgins, Ballard) 6:27
Penalties — None.
Third Period
4. Vancouver, Burrows 21 (D.Sedin, Hamhuis) 9:32
5. Vancouver, H.Sedin 17 (D.Sedin, Burrows) 11:50
6. Vancouver, H.Sedin 18, 18:46 (en)
Penalty — Wilson Col (tripping) 13:37.
Shots

Colorado	8	5	16	—29
Vancouver	9	15	16	—40

Goal — Colorado: Elliot (L,13-24-9); Vancouver: Schneider (W,14-3-2). **Power plays (goals-chances)** — Colorado: 1-1; Vancouver: 0-1.
Referees — Dennis LaRue, Stephen Walkom.
Linesmen — Thor Nelson, Mark Wheler.
Att. — 18,860 (18,860) at Vancouver.

MAPLE LEAFS 3, HURRICANES 1

First Period
1. Carolina, LaRose 13 (Bra.Sutter, Gleason) 12:24 (pp)
2. Toronto, Phaneuf 6 (Brent, MacArthur) 19:01 (pp)
Penalties — Crabb Tor (elbowing) 3:06, Boyce Tor (hooking) 11:43, Allen Car (elbowing) 18:40.
Second Period
3. Toronto, Phaneuf 7 (Kessel) 10:51 (pp)
4. Toronto, Bozak 12 (Boyce, Phaneuf) 11:03
Penalties — LaRose Car (delay of game) 0:33, Bra.Sutter Car (hooking) 10:45, Brent Tor (interference) 14:54, Schenn Tor (hooking) 17:04.
Third Period — No Scoring.
Penalty — Boyce Tor (roughing) 1:31.
Shots

Toronto	6	9	4	—19
Carolina	12	10	15	—37

Goal — Toronto: Reimer (W,14-7-4); Carolina: Ward (L,29-24-9). **Power plays (goals-chances)** — Toronto: 2-3; Carolina: 1-5.
Referees — Tom Kowal, Francois St. Laurent.
Linesmen — Steve Barton, Darren Gibbs.
Att. — 15,220 (18,680) at Toronto.

TUESDAY

COYOTES 4, FLAMES 3

First Period
1. Phoenix, Stempniak 15 (Fidler, Pyatt) 8:25
2. Calgary, Jokinen 15 (Bourque, Kiprusoff) 18:02
Penalty — Jokinen Cal (hooking) 13:32.
Second Period
3. Phoenix, Belanger 12 (Korpikoski, Doan) 6:11
Penalties — Klesla Phx (roughing), Bouma Cal (high-sticking) 7:25, Ebbett Phx (holding) 19:09.
Third Period
4. Phoenix, Yandle 11 (Vrbata, Ebbett) 1:53
5. Phoenix, Rozsival 5 (Fiddler) 2:12
6. Calgary, Backlund 9 (Giordano, Iginla) 3:09 (pp)
7. Calgary, Tanguay 19 (Bourque, Bouwmeester) 9:28
Penalty — Korpikoski Phx (high-sticking) 3:04.
Shots

Phoenix	11	6	8	—25
Calgary	8	11	8	—27

Goal — Phoenix: Bryzgalov (W,31-17-8); Calgary: Kiprusoff (L,21-12-4). **Power plays (goals-chances)** — Phoenix: 0-1; Calgary: 1-2.
Referees — Dennis LaRue, Stephen Walkom.
Linesmen — Don Henderson, Brian Murphy.
Att. — 19,289 (19,289) at Calgary.

SCORING LEADERS

	G	A	PT
D.Sedin, Vcr	38	54	92
Stamkos, TB	43	43	86
H.Sedin, Vcr	18	68	86
St. Louis, TB	26	57	83
Perry, Ana	36	39	75
Ovechkin, Wash	29	46	75
Kopitar, LA	25	47	72
Toews, Chi	30	41	71
Zetterberg, Det	20	51	71
Sharp, Chi	34	34	68
Iginla, Cal	30	38	68
Crosby, Pgh	32	34	66
B.Richards, Dal	25	40	65
C.Giroux, Pha	22	43	65
Kesler, Vcr	36	28	64
Selanne, Ana	21	43	64
E.Staal, Car	29	34	63
Eriksson, Dal	23	40	63
P.Kane, Chi	24	38	62
Nash, Clb	29	32	61
J.Carter, Pha	32	28	60
Ryan, Ana	32	28	60
Tavares, NYI	26	34	60
Vanek, Buf	25	35	60
Ribeiro, Dal	16	44	60
Havlat, Minn	21	38	59
M.Richards, Pha	19	40	59
J.Thornton, SJ	19	40	59
Heatley, SJ	24	34	58
Datsyuk, Det	22	35	57
J.Williams, LA	22	35	57
Getzlaf, Ana	17	40	57
Visnovsky, Ana	14	43	57
Yandle, Phx	11	46	57
Briere, Pha	29	27	56
Tanguay, Cal	19	37	56
Marleau, SJ	27	29	56
Clowe, SJ	23	32	55
Backstrom, Wash	17	38	55
Lidstrom, Det	14	41	55
Krecji, Bos	11	44	55
Kessel, Tor	28	25	53
Grabovski, Tor	27	26	53
Ladd, Atl	26	27	53
Plekanec, Mtl	21	32	53
MacArthur, Tor	20	33	53
P.Stastny, Col	20	33	53
Lucic, Bos	29	23	52
Duchene, Col	22	30	52
Doan, Phx	17	35	52
Elias, NJ	16	36	52
Pavelski, SJ	14	38	52
Kovalchuk, NJ	26	25	51
Backes, StL	25	26	51
Umberger, Clb	21	30	51
M.Koivu, Minn	16	35	51

CRICKET

WORLD CUP

GROUP A

	MP	W	T	L	NR	Pt
x-Australia	5	4	0	0	1	9
x-New Zealand	5	4	0	1	0	8
x-Pakistan	5	4	0	1	0	8
x-Sri Lanka	5	3	0	1	1	7
Zimbabwe	5	1	0	4	0	2
Kenya	5	0	0	5	0	0
Canada	**6**	**1**	**0**	**5**	**0**	**2**

GROUP B

	MP	W	T	L	NR	Pt
x-South Africa	5	4	0	1	0	8
India	5	3	1	1	0	7
West Indies	4	3	0	1	0	6
Bangladesh	5	3	0	2	0	6
England	5	2	1	2	0	5
Ireland	5	1	0	4	0	2
Netherlands	5	0	0	5	0	0

x — clinched berth in quarter-finals.
Yesterday's result
At Bangalore, India
Australia (212 from three wickets) def. **Canada** (211, all out) by seven wickets.
Today's match
At Chennai, India
England vs. West Indies

MLB

SPRING TRAINING

Yesterday's results
Toronto 5 Pittsburgh 3
Atlanta 4 Boston 3
Minnesota 4 N.Y. Mets 3
St. Louis 9 Detroit 4
San Francisco 5 Chicago White Sox 3
Houston 8 Washington 7
Tampa Bay 6 Florida 3
L.A. Angels 10 Arizona 8
Colorado 11 Texas 10
Kansas City 5 Cincinnati 3
N.Y. Yankees 10 Baltimore 0
Milwaukee 5 Seattle 4
Today's games
All times Eastern
Toronto at Phila. (Clearwater, Fla.), 1:05 p.m.
NYM at Boston (Fort Myers, Fla.), 1:05 p.m.
Baltimore at Pitts. (Bradenton, Fla.), 1:05 p.m.
Minnesota at Det. (Lakeland, Fla.), 1:05 p.m.
Florida at St. Louis (Jupiter, Fla.), 1:05 p.m.
Cleve. at Cincinnati (Goodyear, Ariz.), 4:05 p.m.
CWS (ss) at Milwaukee (Phoenix), 4:05 p.m.
Chicago Cubs at Oakland (Phoenix), 4:05 p.m.
Arizona at LAD (Glendale, Ariz.), 4:05 p.m.
CWS (ss) at Colorado (Scottsdale, Ariz.), 4:10 pm
Wash. at Atlanta (Kissimmee, Fla.), 6:05 p.m.
Tampa Bay at NYY (Tampa, Fla.), 7:05 p.m.
Seattle at K.C. (Surprise, Ariz.), 9:05 p.m.
Texas at San Diego (Peoria, Ariz.), 10:05 p.m.
LAA at San Fran. (Scottsdale, Ariz.), 10:05 p.m.

BASKETBALL

NCAA MEN'S TOURNAMENT

All times Eastern

FIRST ROUND

Last night's results
Texas-San Antonio 70 Alabama State 61
Virginia Commonwealth 59 South Cal 46

SECOND ROUND

Today's games
At Tampa, Fla.
West Virginia (20-11) vs. Clemson (22-11), 12:25 p.m.
Kentucky (25-8) vs. Princeton (25-6), 30 minutes following
At Washington
Butler (23-9) vs. Old Dominion (27-6), 12:40 p.m.
Pittsburgh (27-5) vs. UNC Asheville (20-13), 30 minutes following
At Tampa, Fla.
Florida (26-7) vs. UC Santa Barbara (18-13), 6:50 p.m.
UCLA (22-10) vs. Michigan State (19-14), 30 minutes following
At Denver
Brigham Young (30-4) vs. Wofford (21-12), 7:15 p.m.
St. John's (21-11) vs. Gonzaga (24-9), 30 minutes following
At Tucson, Ariz.
Wisconsin (23-8) vs. Belmont (30-4), 7:27 p.m.
Kansas State (22-10) vs. Utah State (30-3), 30 minutes following
At Denver
Louisville (25-9) vs. Morehead State (24-9), 1:40 p.m.
Vanderbilt (23-10) vs. Richmond (27-7), 30 minutes following
At Tucson, Ariz.
Temple (25-7) vs. Penn State (19-14), 2:10 p.m.
San Diego State (32-2) vs. Northern Colorado (21-10), 30 mins. following
At Washington
Connecticut (26-9) vs. Bucknell (25-8), 7:20 p.m.
Cincinnati (25-8) vs. Missouri (23-10), 30 minutes following

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
x-Boston	48	18	.727	—
y-Chicago	48	18	.727	—
x-Miami	46	22	.676	3
x-Orlando	43	26	.623	6½
Atlanta	39	29	.574	10
New York	34	32	.515	14
Philadelphia	35	33	.515	14
Indiana	29	39	.426	20
Charlotte	28	39	.418	20½
Milwaukee	26	41	.388	22½
Detroit	24	44	.353	25
New Jersey	22	43	.338	25½
Toronto	18	49	.269	30½
Washington	16	50	.242	32
Cleveland	13	53	.197	35

WESTERN CONFERENCE

	W	L	Pct	GB
x-San Antonio	54	13	.806	—
d-L.A. Lakers	48	20	.706	6½
Dallas	48	20	.706	6½
d-Oklahoma City	44	23	.657	10
Denver	41	27	.603	13½
New Orleans	40	30	.571	15½
Portland	38	29	.567	16
Memphis	37	31	.544	17½
Utah	36	33	.522	19
Houston	35	34	.507	20
Phoenix	33	33	.500	20½
Golden State	30	38	.441	24½
L.A. Clippers	26	43	.377	29
Minnesota	17	52	.246	38
Sacramento	16	50	.242	37½

d – division leader; **x** — clinched playoff berth; **y** — clinched division.
Last night's results
Detroit 107 Toronto 93
Denver 102 Atlanta 87
Boston 92 Indiana 80
Orlando 93 Milwaukee 89, OT
New Orleans 100 Phoenix 95
Oklahoma City 96 Miami 85
Houston 94 Charlotte 78
Utah 119 Minnesota 104
Cleveland 97 Sacramento 93
Dallas 112 Golden State 106
Philadelphia 104 L.A. Clippers 94
Tuesday's results
Atlanta 110 Milwaukee 85
Indiana 119 New York 117
Chicago 98 Washington 79
Portland 104 Dallas 101
Tonight's games
All times Eastern
Chicago at New Jersey, 7 p.m.
Memphis at New York, 7:30 p.m.
Cleveland at Portland, 10 p.m.

SKIING

WORLD CUP

At Stockholm
MEN'S CROSS-COUNTRY
One-kilometre classical-style sprint
1. Emil Joensson, Sweden, 2 mins 11.2 seconds; 2. Petter Northug, Norway, 0.7 seconds behind; 3. Ola Vigen Hattestad, Norway, 1.5;
Final World Cup Sprint Standings
(final after 11 races)
1. Emil Joensson, Sweden, 580 points; 2. Ola Vigen Hattestad, Norway, 407; 3. Jesper Modin, Sweden, 300
Overall World Cup Standings
(after 27 of 31 events)
1. Dario Cologna, Switzerland, 1,367 points; 2. Petter Northug, Norway, 894; 3. Daniel Rickardsson, Sweden, 829;
8. Devon Kershaw, Sudbury, Ont., 576; 10. Alex Harvey, St-Ferreol-les-Neiges, Que., 460.
WOMEN'S CROSS-COUNTRY
One-kilometre classical-style sprint
1. Petra Majdic, Slovenia, 2:28.4; 2. Marit Bjoergen, Norway, 2.8 seconds behind; 3. Maiken Caspersen Falla, Norway, 4.0
World Cup Sprint Standings
(final after 11 races)
1. Petra Majdic, Slovenia, 480 pts; 2. Arianna Follis, Ita., 434; 3. Kikkan Randall, U.S., 427
Overall World Cup Standings
(after 27 of 31 events)
1. Justyna Kowalczyk, Poland, 1,789 points

TENNIS

ATP-WTA BNP PARIBAS OPEN

At Indian Wells, Calif.
Yesterday's results
Men's Singles — Fourth Round
Rafael Nadal (1), Spain, def. Somdev Devvarman, India, 7-5, 6-4.
Novak Djokovic (3), Serbia, def. Viktor Troicki (16), Serbia, 6-0, 6-1.
Stanislas Wawrinka (12), Switzerland, def. Tomas Berdych (7), Czech Republic, 3-6, 6-4, 6-4.
Richard Gasquet (18), France, def. Andy Roddick (8), U.S., 6-3, 7-6 (5).
Tommy Robredo (25), Spain, def. Sam Querrey (21), U.S., 6-1, 6-3.
Ivo Karlovic, Croatia, def. Albert Montanes (23), Spain, 7-6 (7), 6-2.
Juan Martin del Potro, Argentina, def. Philipp Kohlschreiber (32), Germany, 7-6 (3), 7-6 (7).
Men's Doubles — Quarter-finals
Rohan Bopanna, India, and Aisam-ul-Haq Qureshi, Pakistan, def. Novak Djokovic and Viktor Troicki, Serbia, 6-1, 7-6 (5).
Women's Singles — Quarter-finals
Marion Bartoli (15), France, def. Ana Ivanovic (19), Serbia, 6-4, 7-6 (4).
Yanina Wickmayer (23), Belgium, def. Shahar Peer (10), Israel, 6-3, 6-3.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Chicago	0	0	0	0	0	0	0
Columbus	0	0	0	0	0	0	0
D.C. United	0	0	0	0	0	0	0
Houston	0	0	0	0	0	0	0
Kansas City	0	0	0	0	0	0	0
New England	0	0	0	0	0	0	0
New York	0	0	0	0	0	0	0
Philadelphia	0	0	0	0	0	0	0
Toronto	0	0	0	0	0	0	0

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Los Angeles	1	1	0	0	1	0	3
Vancouver	0	0	0	0	0	0	0
San Jose	0	0	0	0	0	0	0
Real Salt Lake	0	0	0	0	0	0	0
Portland	0	0	0	0	0	0	0
Dallas	0	0	0	0	0	0	0
Colorado	0	0	0	0	0	0	0
Chivas USA	0	0	0	0	0	0	0
Seattle	1	0	1	0	0	1	0

NOTE: Three points for victory, one pt. for tie.
Tuesday's result
Los Angeles 1 Seattle 0
Saturday's games
All times Eastern
Toronto at Vancouver, 6:30 p.m.
Seattle at New York, 7:30 p.m.
Chicago at Dallas, 8:30 p.m.
Philadelphia at Houston, 8:30 p.m.
Columbus at D.C. United, 8:30 p.m.
Portland at Colorado, 9 p.m.
Sporting K.C at Chivas USA, 10:30 p.m.
Real Salt Lake at San Jose, 10:30 p.m.
Sunday's game
New England at Los Angeles, 8 p.m.

EUROPEAN CHAMPIONS LEAGUE

(Home teams listed first)
SECOND ROUND
Second Leg
Yesterday's results
Chelsea (England) 0, Copenhagen (Denmark) 0, Chelsea advanced on 2-0 aggregate
Real Madrid (Spain) 3, Lyon (France) 0, Real Madrid advanced on 4-1 aggregate

SCOTTISH CUP

Quarter-finals
Inverness 1 Celtic 2
Aberdeen 2 St Mirren 1
PREMIER LEAGUE
Dundee United 2 Hearts 0

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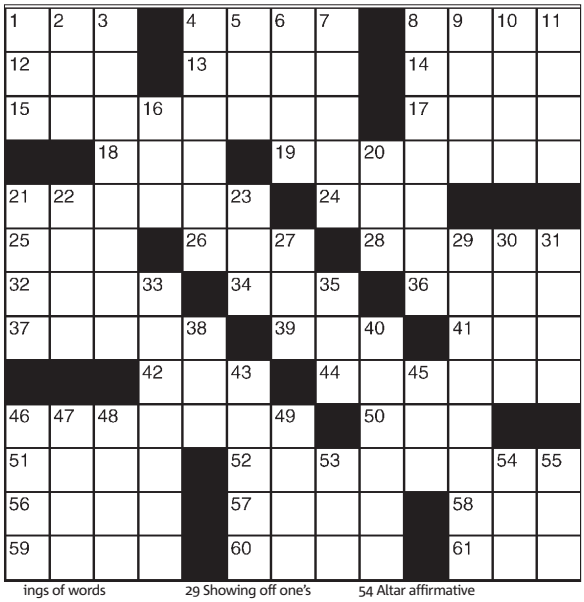
Crossword



Across
1 Existed
4 Homeless child
8 "That was close!"
12 Candle count
13 Frizzy hairdo
14 Frost
15 Affectionate
17 Satan's specialty
18 Illustrations
19 Corrupt
21 Savings overseer
24 — generis
25 Trench
26 Flop
28 New York town named for a former senator
32 Saharan
34 Unruly crowd
36 "— Only Just Begun"
37 Mother-of-pearl
39 Bankroll
41 Lair
42 Eggs
44 Slow down
46 Carnauba plant
50 Opposed to
51 "Sesame Street" favorite
52 Huge
56 Suitor
57 West Point team
58 Gilbert & Sullivan princess
59 Unsurpassable
60 Chows down
61 Police officer

Down
1 Kids' card gams
2 Past
3 Relating to meanings of words
4 Desired
5 Sternward
6 Rainbow
7 Concentrate (on)
8 Early show
9 Apiary structure
10 Eastern potentate
11 Reminder of a whipping
16 Noah's craft
20 Crony
21 Cereal choice
22 Emanation
23 Pirates' quaff
27 Part of DJIA
29 Showing off one's learning
30 Always
31 Make one's way
33 GED candidate
35 Prevent
38 Actress Longoria
40 Rots
43 Aquarium buildup
45 Heavy weight
46 Jimmy who wrote "MacArthur Park"
47 Sheltered
48 Yuletide
49 Actress Sorvino
53 Prime meridian hrs.
54 Altar affirmative
55 Upper limit

▶ Weekend's answer

Z	I	P	■	S	A	V	E	■	K	A	T	O
O	R	E	■	U	N	I	X	■	I	M	I	N
O	A	R	■	C	A	M	P	A	N	I	L	E
S	Q	U	A	T	■	■	O	D	D	■	■	■
■	■	■	P	I	E	S	■	O	L	D	E	R
C	A	M	B	O	D	I	A	■	Y	E	T	I
A	L	I	■	N	U	L	L	S	■	L	A	P
L	A	N	E	■	C	A	M	O	M	I	L	E
F	R	I	A	R	■	S	A	N	E	■	■	■
■	■	■	T	A	T	■	■	A	W	A	I	T
C	A	M	E	M	B	E	R	T	■	W	O	E
O	D	O	R	■	A	R	I	A	■	A	W	E
D	D	A	Y	■	R	A	G	S	■	Y	A	M

Sudoku

2			8		6			5
	8		2		5		3	
		4				7		
		9	7		3	2		
6								1
		7	1		2	8		
		2				9		
	3		6		9		4	
9			5		4			3

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Weekend's answer ▶

2	9	5	4	1	7	8	3	6
7	6	1	2	3	8	4	5	9
8	3	4	5	6	9	1	2	7
1	8	6	9	5	4	3	7	2
9	4	2	6	7	3	5	1	8
3	5	7	8	2	1	6	9	4
4	1	3	7	8	2	9	6	5
5	7	8	1	9	6	2	4	3
6	2	9	3	4	5	7	8	1

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

To my Rock Star husband! Thank u for that awesome week in Mexico. Thank u for loving me the way u do. Thank you for being you.
XO "U KNOW WHO"

Hello B, 5 years of love and happy moments, its worth fighting for. we love each other and everything else can be resolved. Listen to your heart. **LOVE YOUR BINKX**

To Meow,
Happy Birthday! I hope I can say the same thing on your 100th birthday. This next year is yours for the making, you have such a wonderful time ahead of you no matter what you choose. Keep walking strong darlin, and I hope that our two paths intertwine so that we can be walking hand in hand. Take it easy,
YOUR MOUNTAIN GOAT

Today 9°/5° Showers 70%
Friday 11°/5° Rain 80%
The Weather Network Download WeatherEye to your smartphone.
TWN incorporates MSC data

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You are ready and willing to start something new and exciting. But be advised that if you go off too soon, your efforts may fall short of expectations.

♉ Taurus April 21-May 21 This should be a fun day for you, even though you have a lot of work on your plate. If you've fallen behind in your schedule get your friends to help you out — they'll gladly do so if asked. Then go and have fun.

♊ Gemini May 22-June 21 There is still time to make a good impression on someone in a position of authority. Remember: You may know what you are capable of but that does not mean that he or she will know. Speak up.

♋ Cancer June 22-July 22 Constant changes make it hard for you to plan too far ahead but in a way that's good because you will achieve more if you react to events rather than try to initiate them. Conserve your energy – you'll need it!

♌ Leo July 23-Aug.23 If there is something you need to say that may not be pleasant, either for you or other people, get it over with. Once the Sun changes signs this weekend, you'll have more important things on your mind.

♍ Virgo Aug. 24- Sept. 22 It might be wise to steer clear of areas where you are not too sure of your ground. If you cannot avoid them, make sure you know where the exits are.

♎ Libra Sept. 23-Oct. 23 You like to pretend that your emotions are under complete control but it isn't true. Someone will try to upset you today but they will only succeed if you are not aware of what they are up to.

♏ Scorpio Oct. 24-Nov. 22 Cosmic activity in the work and well-being area of your chart will make this an interesting day, but everything will be OK if you stay calm and don't let anything upset your balance.

♐ Sagittarius Nov. 23-Dec. 21 Go all out to prove that you have what it takes to succeed on the work front, but don't neglect affairs of the heart. Love can be just as rewarding as doing well professionally and financially.

♑ Capricorn Dec. 22-Jan. 20 This should be a productive time for you, but for best results you must work as part of a team. Others may not be as committed or as ambitious as you but you still need them.

♒ Aquarius Jan. 21-Feb. 18 From Sunday, life will become much more hectic, so it might be wise to conserve your energy over the next two or three days. Get plenty of rest and don't concern yourself too much with people's problems.

♓ Pisces Feb. 19-March 20 You have nothing to prove. Once you accept that, you'll find it easier to do what you want to do rather than what others want you to do. Learn to say, 'No.' **SALLY BROMPTON**

Caption contest

RAFIQ MAQBOOL/ THE ASSOCIATED PRESS

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